



The Power of the Breath

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Imagine after years of seeking you discover that one of the most powerful tools for well-being was right under your nose all along! It's true. Your breath is really that powerful.

Think about it: you can live for many weeks without food, days without water, but how long can you live without the breath? Mere minutes. Our breath is literally our link to life.

Everyone knows that in order to be functioning optimally we need good quality drinking water and nutritious foods--but what about quality of breath? If your breath is short and shallow some negative results you will likely experience are:

- Lowered energy
- Poor quality sleep
- Stress
- Overwhelm
- Moodiness
- Physical pain/discomfort

The many benefits of learning to breathe fully and using different breath exercises is well documented. The breath can be used to:

- Increase energy by increasing oxygen in the body
- Relax the mind/body before drifting off thereby deepening sleep patterns
- Reduce stress by rebalancing the nervous system
- Help slow us down so that we cope better with outside stimulus
- Regulate moods
- Help moderate chronic pain, and also release every day tension that causes aches and pains.

Besides the scientific benefits of the breath there are other more subtle benefits as well.

No matter your spiritual beliefs, when we take in the breath we are exchanging energy with That Which Is Not Seen. We breathe in energy from outside our Self, transforming that energy and taking what is useful from it, then we let go and release what we do not need back into the ethers.

We cannot 'see' the breath, yet we know it is there. We have faith and trust there is plenty of air available to us. By breathing deeply we know we are not limiting anyone else's ability to breathe.

When we think in these terms and appreciate the gift of the breath, can you sense that we are all connected? That all Life is supported and there is an abundance of this unseen life-giving gift?

And, we simply feel better--which is what we all really want anyway, right?

In addition to the breath, restorative yoga postures do wonders for rebalancing the nervous system. If ever you are feeling wiped out, overwhelmed, or frazzled (like every day around 3pm?) then pop in your headphones with some relaxing music, get into the pose I'm about to show you....and breathe.

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